



# DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule</p> <p><b>To Contact a Breastfeeding Counselor near you:</b>  Columbia: (410) 313-7206  Savage/Laurel: (410) 313-0630  <b>Howard County WIC Program:</b> (410) 313-7510</p>		<p><b>1</b>  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p><b>2</b>  Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am  Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>3</b>  Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p><b>4</b>  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am.  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b>  Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p><b>8</b>  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p><b>9</b>  Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am  Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>10</b>  Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p><b>11</b>  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am.  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b>  Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p><b>15</b>  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p><b>16</b>  Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am  Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>17</b>  Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p><b>18</b>  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 9:30 am.  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm</p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b>  Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p><b>22</b>  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p><b>23</b>  Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am  Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>24</b>  Breastfeeding Support Group @ 10:00 am  Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b>  Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<p><b>29</b>  Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am  Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm</p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>Services: Howard County</b></p> <ul style="list-style-type: none"> <li>☎ Peer Counselor support</li> <li>☎ Group BF Classes</li> <li>☎ Individual BF Classes</li> <li>☎ Electric pump demo</li> <li>☎ Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>	



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